MIDRIFF RIFT

Ottawa woman kicked off bus for wearing 'vulgar' crop top

metroNEWS

PENNY FROM THE BLOCK

Sixteen-year-old T.O. swimmer leads new wave of hope for Canada

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Toronto metro

CANADIAN MEDAL COUNTER 0 1 3

Your essential daily news | TUESDAY, AUGUST 9, 2016 | High 29°C/Low 23°C Mostly sunny

CANADA HITS 7S HEAVEN

Tough Canucks power their way past Great Britain to win historic bronze medal

metroRIO

Toronto's Charity Williams, right, jumps into the arms of Hannah Darling on Monday in Rio de Janeiro, Brazil. THE CANADIAN PRESS

Finnigan's tragic end

HAMILTON

Autopsy reveals 11-year-old boy died from drowning

Hamilton police say they believe the death of an 11-year-old boy with disabilities who was the subject of an Amber Alert over the weekend was an accident.

The body of Finnigan Danne, who suffered from a neuromuscular disorder and had limited mobility, was found Sunday afternoon in a culvert not far from his home in the west Hamilton community of Dundas.

An autopsy was conducted today and the cause of the boy's death was determined to be drowning.

Danne, who was last seen Saturday morning at his townhome on Trudy Court, was found inside a culvert in a narrow creek Sunday afternoon.

The culvert at Sullivans Lane is not far from Danne's home on Trudy Court.

A group of local mothers is organizing a candlelight memorial for Danne, who was found dead in Dundas after going missing over the weekend.

"It's scary," Courtney Christie said Monday. "As a mom, I couldn't imagine."

The homicide unit is investigating, but it's not clear whether that's because foul play is suspected, because an Amber Alert was issued Sunday afternoon or police were simply responding to a sudden death.

To those who searched it made no sense: They had already searched that area, at least twice, including right in the creek and culvert.

And, indeed, that afternoon Hamilton Police had sent searchers three kilometres afield, confident the immediate area had been combed-through — and even though Finnigan was unlikely to have gone far on his own power; he had a neuromuscular disorder, had limited mobility and walked with a limp.

Tuesday's candlelight memorial, which is scheduled to take place 8:30 p.m. at the corner of Ann Street and Sullivans Lane, is also meant to show support for Danne's family, she said.

HAMILTON SPECTATOR

11-year-old Finnigan Danne, of Dundas, Ont. CONTRIBUTED

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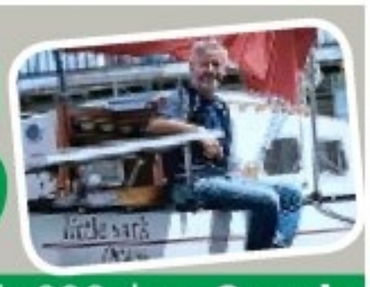
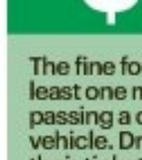


This Ottawa man is packing up and sailing around the world in 300 days. **Canada**

Traffic rule stats ‘disturbing’

CYCLISTS

Bike passing regulation has only resulted in 19 charges



Luke Simcoe
Metro | Toronto

If a law is only as good as its enforcement, then Ontario's new one-metre passing rule isn't passing muster.

The province amended the Highway Traffic Act in September, requiring drivers to leave at least one metre of space when passing cyclists. At the time, the legislation was heralded as a step towards safer streets.

But nearly one year after coming into effect, numbers from the Ontario Attorney General show the law has led to only 19 charges. Eight of those come from Toronto, with the majority laid immediately after the law was implemented.

Simply put, "it's disturbing," said Cycle Toronto director Jared Kolb.

"Especially since the Ontario coroner, in his review of cycling deaths, found motorists failing to give cyclists one metre when passing was a leading cause of death and serious injury," he said.

According to the Attorney General's office, only 19 charges have been laid under Ontario's new one-metre passing rule, which came into effect last September.
TORSTAR NEWS SERVICE FILE

$110

The fine for not leaving at least one metre when passing a cyclist in your vehicle. Drivers who contest their tickets in court can face penalties up to $500.

Toronto police did not respond to Metro's request for comment Monday.

Kolb said the number of charges is at odds with the experience of cyclists who regularly report close passes.

In Ottawa, police have turned to technology to help enforce the new rule.

Bicycle police officers hit the streets in June with sonar devices strapped to their handlebars to alert them if drivers got too cozy.

Some drivers pulled over during the blitz passed at distances "approaching half a metre," said Rob Wilkinson, co-ordinator of Safer Roads Ottawa.

"I think everyone agrees the spirit behind the law is to provide a safe passing distance. The challenge of course is how to measure it," Wilkinson said. "With these devices … we can show you a number. It became much more objective for us."

Kolb applauded efforts at better enforcement but said the route to safer streets starts with engineering.

"Ultimately, the best way to deal with motorists overtaking cyclists without enough room is to change our infrastructure," he said. "With protected bike lanes, it eliminates the issue at its root."

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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The view from balconies lining condos in City Place could get a lot greener — and a lot more expensive — if Rail Deck Park becomes a reality. TORSTAR NEWS SERVICE FILE

Park expected to boost condo value

REAL ESTATE

Green space on CN Rail corridor could mean 10% premium

May Warren
Metro | Toronto

Future Torontonians can expect to pay a premium for condo units overlooking Rail Deck Park.

A proposal to build a massive, 21-acre park atop the CN Rail corridor in downtown will boost prices as much as 10 per cent in nearby condo communities like City Place, realtor Alex Balikoev said.

"It will definitely raise the value of the whole neighbourhood because it will be much more interconnected," he said, assuming the proposal, which currently lacks a timeline or a budget, moves ahead.

While the property value bump may be cheered by some,

> **It will just be a walk in the park to King West and all the amenities there.**
> Alex Balikoev

it's not necessarily a positive thing in a city struggling with affordability.

The average price of a home in Toronto rose to $746,546 in June, up 16.8 per cent from the same month last year. The average condo price jumped 7.7 per cent.

Toronto's chief planner, Jennifer Keesmaat, said the key to balancing property values downtown with much-needed assets like parkland is a practice called "inclusionary zoning."

Under the policy, developers must set aside a portion of units for low-to-moderate income households. Keesmaat believes stronger inclusionary zoning rules — expected to be passed at the provincial level next year — could have built 12,000 new affordable homes in Toronto in the last five years.

A staff report with more details about Rail Deck Park is slated to go before the city's executive committee in September.

POLICE

Toronto's child porn kingpin sentenced to 10 years in prison

The international police investigations into the customers of Brian Way, the biggest producer and distributor of child pornography in Canada, led to hundreds of arrests around the world and the rescue of hundreds of children, as detailed in a Torstar News Service investigation.

On Monday, five years after his arrest in 2011, Superior Court Justice Julie Thorburn sentenced Way to 10 years in prison, a $20,000 fine and three years probation.

Way was sentenced on 15 counts linked to both the manufacture and sale of child pornography and his personal collection of child pornography, the largest ever reported in Canada, according to Crown prosecutor Jill Cameron.

It contained "graphic, disturbing and sometimes violent depictions of children ranging in age from toddlers to adolescents," Thorburn said in her ruling.

For his business, Way paid three producers to shoot films of boys between the ages of 10 and 18 in Eastern Europe, Thorburn said.

Way, based out of a warehouse on the Queensway, then sold the films through his website, Azovfilms.com, to customers in 92 countries.

During a judge-alone trial, Way argued that the films he made were merely "nudist films."

Thorburn found 57 out of approximately 800 films sold by Way met the legal definition of child pornography, and that they became increasingly sexually explicit over the years.

TORSTAR NEWS SERVICE

Airline denied mom right to pump

TRAVEL

Breastfeeding mother not allowed to use plug mid-flight

For Elizabeth Arnold, going away for the first time without her two children — both under the age of 2 — was a big step.

But Arnold, who is breastfeeding both her children, was confronted with an unexpected challenge: plugging in her breast pump while onboard Air Transat flights to and from London.

Flight staff initially refused to allow Arnold to use onboard outlets, saying it was "against airline policy."

Representatives for Air Transat say staff simply followed regulations established by the aircraft manufacturer, which restrict the use of outlets to cellphones and tablet devices.

But in Arnold's view, Air Transat failed to accommodate a basic need of a nursing mother. "I feel like that's taking away a mother's choice," she said.

On her way to London, Arnold, a kindergarten teacher, said she needed to use her pump, but did not have access to an electrical outlet.

Without her toddlers with her, Arnold relied on a pump to express her breast milk, and prevent ensuing medical risks.

"I've gotten mastitis before," she said, "it makes you really sick," referring to an infection, often caused by a backup of milk.

After some discussion with a flight attendant, Arnold was given access to a plug used by crew members intended for vacuum cleaners, she said.

Mother of two Elizabeth Arnold was told by Air Transat flight staff that it was "against policy" when she asked for access to a plug to use her breast pump on board. NAKITA KRUCKER/TORSTAR NEWS SERVICE

Returning to Toronto, she ran into similar problems.

"I pumped right before I got onto the plane, hoping that I didn't have to (later on)," she said, but the almost eight-hour flight proved too long.

Arnold said she spoke with a flight attendant and manager, who both denied her access to the outlet she had used on the previous flight.

"(The manager's) saying to me, 'It's against the law to use that pump. You're not allowed to. I don't know who let you (use it) on the way there, but I follow rules and it's a no,'" she said.

> **In an ideal world, women get to decide where or how they pump.**
> Elizabeth Arnold

Arnold said she persisted, asking that her "medical right" be accommodated.

"Even though eventually I was able to pump, the stress and the havoc and everyone watching … It was so emotionally exhausting," she said. "No mother should have to fight for that."

Air Transat representatives maintain staff onboard Arnold's flight were following protocol.

"It's a question of regulation from the aircraft company," said Debbie Cabana, public relations and marketing director with Air Transat.

Cabana said there is no specific policy for nursing mothers because they are welcome on Air Transat flights.

Air Transat passengers are told to use a hand pump or battery-powered device while onboard, Cabana added.

"It shouldn't have been a question of, 'am I doing it most effectively?'" she said. "I need (to pump) so why isn't there something in place for me to do that?"

"That's not up to (the airline) to decide how I'm going to extract the milk from my breasts" she added.

Cabana said Air Transat's website makes it clear that, in accordance with the industry protocol, "medical equipment must be equipped with an independent power source."

TORSTAR NEWS SERVICE

ALLOWED

Travelling with a toddler? Here's what you need to know:

- When flying with a child under 2 years old, you can bring baby food, milk, formula, juice, and other baby items in your carry-on baggage.
- Passengers with a child under 2 can bring more than 100 ml of formula, juice, or baby food on board.
- Passengers flying with or without their child can bring over 100 ml of breast milk.
- Toys are allowed in kids' carry-on baggage, but you should leave toy guns at home: any toys resembling weapons are prohibited.
- Gel and ice packs can be brought on board, as long as they're used to refrigerate baby food, juice, milk, and formula. THE CANADIAN AIR TRANSPORT SECURITY AUTHORITY

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FRAUD

Etobicoke man posed as lawyer: Police

A 31-year-old Etobicoke man is facing fraud charges after allegedly posing as a lawyer in the Barrie area.

Following a complaint to the Barrie Police fraud unit earlier this year, it was discovered that the man, whose name has not been released, had allegedly created a public image where he portrayed himself to be an aspiring law student working to become a lawyer.

"He eventually led victims to believe that he had graduated from law school, written and passed the bar exam in Ontario, and been offered employment by a law firm, all of which the investigation revealed to be fictitious," according to a news release from Barrie police.

"The suspect created forged documents which he disseminated to trusting victims in order to further support his claims.

"The suspect was successful in defrauding two victims of a significant amount of money which was intended to be used for various purposes related to his career and services as a lawyer."

The man was arrested last Thursday and charged with fraud over $5,000, fraud under $5,000 and two counts of uttering forged documents and uttering threats.

He appeared in court last Friday.

The investigation is ongoing and investigators are asking other potential victims to come forward at 705-725-7025 ext. 2955 or anonymously at Crime Stoppers at 1-800-222-8477.

> **The suspect was successful in defrauding two victims.**
> Barrie police

TORSTAR NEWS SERVICE

Bones found at the site where the Thornhill Golf and Country club plan to build an in-ground pool. TORSTAR NEWS SERVICE FILE

Bones seem to be bovine

DEVELOPMENT

Grisly remains unearthed at golf club not human after all

The ghost of Clarabelle the cow could soon be roaming the pool deck of a Vaughan-area golf club.

A grizzly discovery made last year on the grounds of the Thornhill Golf and Country Club has turned out to be "non-human."

The club's plans to build an in-ground pool and cabana came to a standstill last fall, after an archeological assessment of the site unearthed bone fragments.

The proximity of the discovery to a historic private cemetery, where the founders and original settlers of Thornhill are buried, invited concerns that someone's grave may have been disturbed.

The discovery was of "bone fragments; a piece of jewelry; and the outline of a small grave."

But, earlier this year, when the process of disinterment began, under the watch of the provincial registrar of burial sites, the experts quickly realized the bones seemed more animal than human.

"It was determined that the remains that were uncovered that day were not human and that of a small cow or horse, due to the number of ribs and size of the teeth," said Cathy Pearson, a parishioner at Holy Trinity Anglican Church, which runs the cemetery.

Last year, when the club applied for a permit for the pool, the city also waived the need for an archeological assessment, until the church asked the province to intervene.

But with the identity of the bones cleared up, the plans for the pool are expected to proceed, said Pearson.

But the lack of oversight going forward worries Pearson.

"What we were hoping for was there to be an archeologist on site for the rest of the process, but that's not going to happen," she said. "Just because they haven't found human bone yet, doesn't mean it can't happen."

TORSTAR NEWS SERVICE

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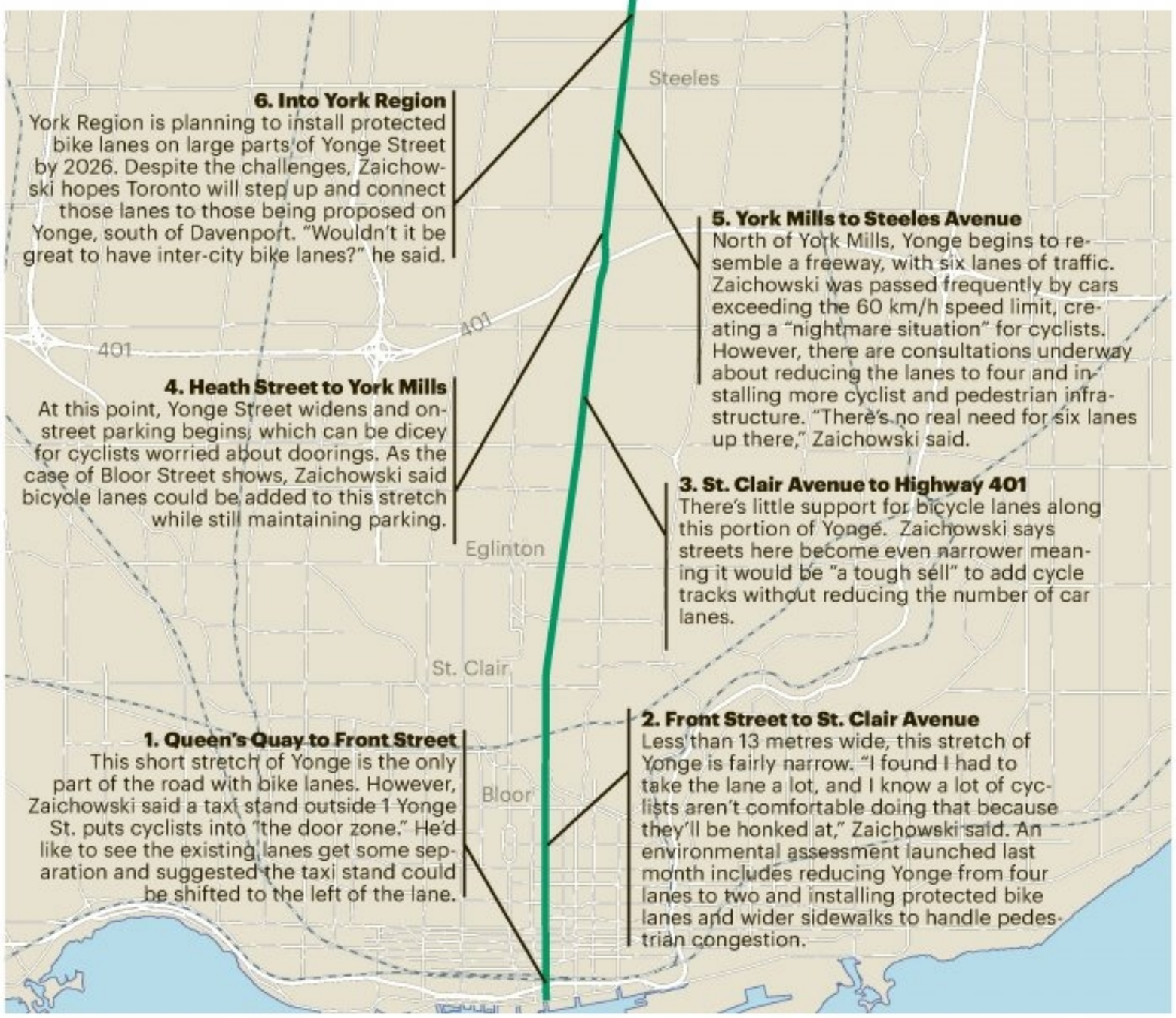
Next up: Yonge Street

With Bloor's bike lanes nearly complete, Yonge Street is being eyed for bike lanes as far north as Steeles Avenue. To better understand what Toronto's longest road is like for cyclists right now, cyclist and bike blogger Robert Zaichowski rode 18 kilometres from Queen's Quay to Steeles last month. LUKE SIMCOE/METRO



6. Into York Region
York Region is planning to install protected bike lanes on large parts of Yonge Street by 2026. Despite the challenges, Zaichowski hopes Toronto will step up and connect those lanes to those being proposed on Yonge, south of Davenport. "Wouldn't it be great to have inter-city bike lanes?" he said.

5. York Mills to Steeles Avenue
North of York Mills, Yonge begins to resemble a freeway, with six lanes of traffic. Zaichowski was passed frequently by cars exceeding the 60 km/h speed limit, creating a "nightmare situation" for cyclists. However, there are consultations underway about reducing the lanes to four and installing more cyclist and pedestrian infrastructure. "There's no real need for six lanes up there," Zaichowski said.

4. Heath Street to York Mills
At this point, Yonge Street widens and on-street parking begins, which can be dicey for cyclists worried about doorings. As the case of Bloor Street shows, Zaichowski said bicyole lanes could be added to this stretch while still maintaining parking.

3. St. Clair Avenue to Highway 401
There's little support for bicycle lanes along this portion of Yonge. Zaichowski says streets here become even narrower meaning it would be "a tough sell" to add cycle tracks without reducing the number of car lanes.

2. Front Street to St. Clair Avenue
Less than 13 metres wide, this stretch of Yonge is fairly narrow. "I found I had to take the lane a lot, and I know a lot of cyclists aren't comfortable doing that because they'll be honked at," Zaichowski said. An environmental assessment launched last month includes reducing Yonge from four lanes to two and installing protected bike lanes and wider sidewalks to handle pedestrian congestion.

1. Queen's Quay to Front Street
This short stretch of Yonge is the only part of the road with bike lanes. However, Zaichowski said a taxi stand outside 1 Yonge St. puts cyclists into "the door zone." He'd like to see the existing lanes get some separation and suggested the taxi stand could be shifted to the left of the lane.

Dundas was closed from Yonge to Bay streets for an early morning shooting investigation involving police.
JESSICA BOTELHO-URBANSKI/TORSTAR NEWS SERVICE

Man shot by police in stabbing probe

A 39-year-old man is recovering in hospital after he was shot by Toronto police during a stabbing investigation in the city's downtown core.

Special Investigations Unit officers have taken over the case, and say the stabbing and shooting incidents are "part of one larger incident."

SIU spokesperson Jason Gennaro said police were called to the area of Yonge Street just north of Dundas Street sometime after 5:30 a.m. following reports of a man attacking another man with a knife.

Police arrived at around 6 a.m., and confronted the 39-year-old man on Dundas between Bay and Yonge streets, a short distance away from the stabbing call.

The confrontation saw "several" shots fired. Gennaro did not comment on the exact number of shots, or how many officers discharged their weapons.

A 66-year-old man was treated in hospital for one knife wound and later released.

Gennaro could not comment on whether a knife was recovered from the scene.

The man shot by police "was struck a number of times," Gennaro said. He was taken to St. Michael's Hospital for surgery and is in non-life-threatening condition.

Gennaro did not provide information in response to witness reports that the 66-year-old man was homeless, or residence information on the man who was shot.

Investigators will be looking at security camera footage from nearby businesses, and are asking any witnesses to contact them at 1-800-787-8529.

The SIU investigates incidents involving police resulting in death, serious injury or allegations of sexual assault.

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Female firefighter sets shining example

CAREERS

Week-long camp looks to inspire teens

May Warren
Metro | Toronto

When Shelli Varela rides through Mississauga in one of the fire department's shiny red trucks, parents point it out to little boys who wave excitedly.

But all too often they forget their little girls can grow up to be great firefighters, too.

It's something Varela, Mississauga's first female firefighter and first and only female fire captain, wants to change with Camp Ignite, a week-long camp to get teenage girls interested in firefighting.

"It's meant to merely give some experience and to ignite that spark inside the right girls who maybe would have never thought of it otherwise," she said.

At five-foot-two Varela has used her small size to her advantage, once squeezing in through a broken car to rescue a woman dangling upside down by her seat belt.

She knows firsthand how, as an old supervisor once told her, "firefighters are like tools in a toolbox — you don't need eight hammers."

Tim Beckett, fire chief of Mississauga Fire and Emergency Services, said only between three and six per cent of the force is currently female and not a lot of women apply.

He'd like to expand the camp to reach out to other underrepresented groups in the future, "so that when people are responding, the faces that are responding are reflective of the community," he said.

Sixteen-year-old Lyndsay Swanston said she's wanted to be a firefighter for years, and she's excited to finally get the chance to try it out at the camp.

> **It's meant to ignite that spark inside the right girls.**
> Shelli Varela

No one has ever told her she can't do the job but some people do give her "a little bit of a look" when she tells them her plans, she said.

Varela herself had never considered the career until a male friend told her how much he enjoyed it.

"I realized, well why not me?" she remembers.

"When I said those words it was like everything changed, and then that became my goal. I didn't care what it cost me in blood, sweat, time, money or tears, I was all in."

Part of Monday's camp activities included trying on the gear. SUBMITTED/COURTESY CITY OF MISSISSAUGA

Mississauga's Shelli Varela wants to show girls that they can be excellent firefighters. SUBMITTED/COURTESY CITY OF MISSISSAUGA

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PETS

'Alien-like' furless feline shares roots in city history

One of the most peculiar and polarizing pets — the hairless sphynx cat — can be traced back to Canada's largest city.

The wrinkled cat with large, bat-like ears provokes strong reactions. To some, the sphynx is a grotesque, alien-like creature that barely deserves to be called a cat. To others, it's an affectionate companion whose personality belies its looks.

The controversial cat dates back to the 1960s, when breeders say a hairless cat named Prune was born in Toronto in a litter of otherwise normal, furry kittens.

Riyadh Bawa, a University of Toronto student at the time, has been credited by breeders as the first to identify the hairlessness as a result of a recessive gene. Bawa, in partnership with other breeders, bred Prune with his mother, producing several more hairless kittens.

A brief 1966 article by the Associated Press says Bawa hoped to "develop a hairless line" of cats for allergy sufferers.

While the lack of a full furry coat means sphynxes don't shed, they aren't a totally hypoallergenic breed, since people often react to a protein in cats' saliva rather than the hair itself. And although the cats don't need to be brushed, they have to be bathed every week or two to deal with the oil that builds up on their skin, experts and owners say.

The line of hairless cats descended from Prune has since died out, but the cats Bawa bred represent the first attempts at establishing an official breed.

More hairless cats were later discovered in Toronto and Minnesota, and the sphynx has now been recognized as an official breed by the Cat Fanciers' Association for almost 20 years. Today, breeders sell sphynx kittens for up to $1,500.

Toronto isn't the only place where these cats have been found, but the city has been credited by experts as the origin of the modern show breed. Other breeds of hairless cats, unrelated to the sphynx, have also emerged from Russia.

As animal-lovers celebrated International Cat Day on Monday, some sphynx fans urged critics to give the often-misunderstood feline a second chance.

LouAnn Vennettilli, a breeder near Sarnia, Ont., who also handles sphynx-related matters for the Canadian Cat Association, says she often promotes the breed's Canadian roots at cat shows. "They think of them as coming from Egypt, or some far-off land. But in reality, the ones that we know and love today are of Canadian origin," she says.

THE CANADIAN PRESS

Penny Oleksiak went from swimming in her neighbour's pool to a silver medal in the Olympic pool on Sunday. TORSTAR NEWS SERVICE/ MARK BLINCH/COC

Penny's shining bright

RIO2016

Swimmer is the face of success for Canada

Gilbert Ngabo
Metro | Toronto

A few days ago, Penny Oleksiak was just a typical teenager, chowing down with her friends at Toronto's Gerrard Pizza.

"To be honest, I'm not even sure which type of pizza she orders," said the east end eatery's owner, Elenor Imbrogno. "She comes in with her group and they just get slices and drinks. She's just humble, pleasant and very polite."

Now, the 16-year-old swimmer has become the unlikely face of Canada's Olympic success. The Monarch Park Collegiate student is racking up wins in the pool, earning a bronze medal Saturday followed by a silver medal Sunday.

Still in Rio, the youngest member of Canada's Olympic team isn't quite sure what to make of her newfound fame.

"It has just been a weird, unreal experience I guess," she said Monday. "I wasn't really expecting it. I was kind of gunning for a medal in 2020 but to get two here means so much to me.

"I think it has really set up my career I guess, right?"

Staff at Swimming Canada, where Oleksiak has been a member of the junior program for the past two years, are hoping her increased profile will encourage more young Canadians to get into the pool.

Marketing director Chris Wilson called her Rio performance "stellar."

> **I was kind of gunning for a medal in 2020 but to get two here means so much to me.**
> Penny Oleksiak

"That's a sign of more good things to come," he said. "The medals she's collecting will certainly take swimming in our country to another level."

She may not be a typical teenager anymore, but, even as Oleksiak prepares for Wednesday's 200-metre freestyle finals, she still has to grapple with typical teenage problems: like sleep, for example.

"I couldn't fall asleep. I had to hold (the medals) while I was sleeping, which is kind of lame," she said Monday. "But it helped me fall asleep."

Oleksiak's popularity has grown rapidly overnight since the Games began, especially on Twitter, where her bio states, "Yo sauce me a follow." Plenty have done just that, with her account swelling from roughly 800 followers to nearly 5,000 by Monday morning.

She says her phone buzzes for five minutes straight every time she turns it on.

"It's just blowing up with a bunch of Facebook messages, Twitter, Snapchat, Instagram, everything," she said.

"It's a little overwhelming. Sometimes the apps will crash and stuff."

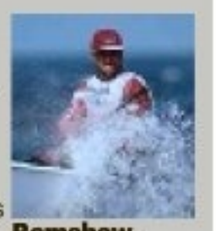
SHOUTOUT

- She may be an international figure in Rio, but Penny Oleksiak hasn't forgotten her hometown roots. "May or may not have prayed to the 6ix god before my race last night," she tweeted Monday afternoon, with hashtags #worthit and #torontopride.
- She later tweeted that by 6ix god, she meant Drake.

RIOT.O.

A host of athletes from Toronto and the GTA are competing in Rio, vying for a spot on the podium and a chance at Olympic glory.

Metro is keeping you posted about when you can catch our talented local athletes in action.



Ramshaw. GETTY IMAGES

WHO: Tom Ramshaw
WHAT: Sailing
WHEN: The men's Finn sailboat race begins 12:15 p.m. Tuesday.

Buchanan. GETTY IMAGES

WHO: Kadeisha Buchanan, Nichelle Prince, Rebecca Quinn
WHAT: Soccer
WHEN: Canada's women soccer team will face off against Germany at 3 p.m. Tuesday.

Valjas. GETTY IMAGES

WHO: Kristina Valjas
WHAT: Beach volleyball
WHEN: Valjas and her Canadian colleague Jamie Lynn Broder will play against Germany starting at 5:30 p.m. Tuesday.

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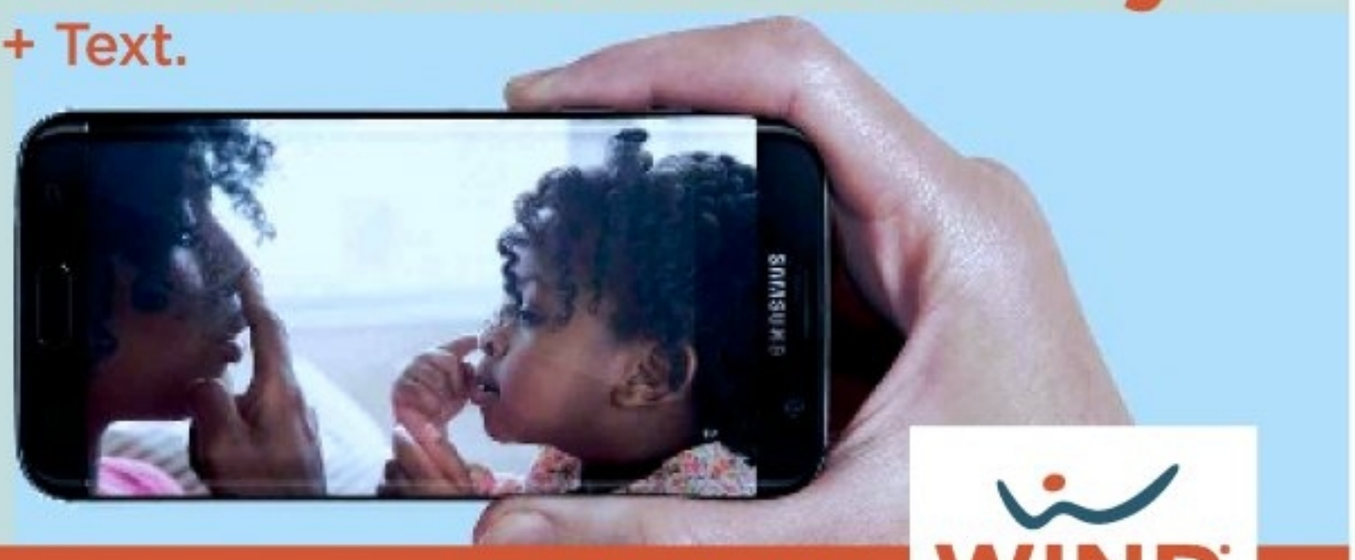

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Sailing the world in 300 days

TRAVEL

Ottawa man leaves for solo adventure in 30-foot cutter

Emma Jackson
Metro | Ottawa

What do you do when you're burnt out, tired of your job and ready for something new?

Drop everything and sail solo around the world, of course.

At least, that's what you do if you're Ottawa sailor Chris Fournier, who leaves from Montreal on Tuesday on a 300-day solo trip in his 30-foot cutter, Little Sark.

Having grown up sailing, Fournier had always dreamed of taking the perilous global journey some day.

"You get to a certain point in your life and ... a bolt of lightning hits you on the head and you remember the dream," Fournier said. "I'm free and I wanted to do it before I'm 50. Sometimes you just have to kind of make the decision."

Chris Fournier sits on his sailboat, Little Sark, as he prepares to sail non-stop around the world.
JUSTIN TANG/FOR METRO

He's not planning to touch land along the way, so he's on his own the entire time.

It's the ultimate survival test: he'll have to problem-solve on the fly, and when the going gets tough he'll have to decide to ride it out or abandon ship.

"Survival is really down to my hands," he said.

Fournier has outfitted his boat with an extra mast for better balance, and has gathered hundreds of pounds of food and drinking water. His e-reader is fully loaded.

Fournier will follow the traditional tall ship route, passing by the Cape of Good Hope near South Africa, Cape Leeuwin at the south-west corner of Australia, and Cape Horn near Chile.

> **Sometimes you just have to kind of make the decision.**
> Chris Fournier

Pirates and icebergs are still a risk, but Fournier said this longer route has less of them. He'll also have the wind at his back.

Still, it's a risky business. Three other Canadians have tried and failed to complete the journey. One of them, Gerry Roufs, was lost at sea during his attempt in 1997.

But Fournier's not thinking about that yet.

"You kind of focus on the here and now and worry about the fear later," he said.

Fournier's just excited to leave this hectic, smartphone-centric world behind.

You can follow his journey at www.sailor.life.

SOCIAL MEDIA

Grégoire Trudeau on breast feeding

Prime Minister Justin Trudeau's Twitter account is drawing attention to World Breastfeeding Week with a photo of his wife and their son.

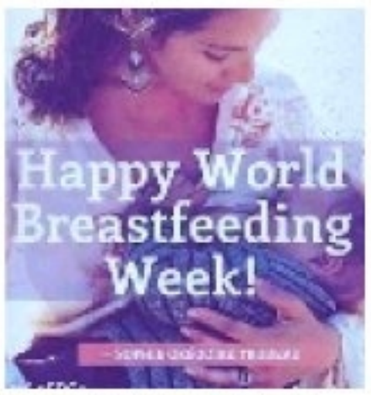
The tweet includes a photo of Sophie Grégoire Trudeau breast-feeding their youngest son, Hadrien, and the message: "This World Breastfeeding Week, let's support mothers to breastfeed anytime, anywhere. — SGT #WBW2016"

There's no mention of when the picture of was taken.

Breastfeeding is touted as "a key to sustainable development," in a joint release from UNICEF and the World Health Organization.

The release quotes from a series on breastfeeding from the respected medical journal The Lancet published last January, noting the series "argues that improving breastfeeding practices makes the world healthier, smarter, and more equal."

TORSTAR NEWS SERVICE



Sophie Grégoire Trudeau with son Hadrien. TWITTER

Monica Werthner
COURTESY 580 CFRA

OTTAWA

Woman kicked off bus over crop top

Ottawa's public transportation system is apologizing after a young woman was kicked off the bus for showing her midriff.

"We're not here to judge people on how they dress," said OC Transpo's general manager John Manconi. "We can all agree that as a city that's not what we're about."

That wasn't Monica Werthner's experience after she was kicked off the bus on Sunday afternoon on her way to work.

She had just put her tickets in the machine when a female driver told her the crop top and jogging pants she was wearing were "vulgar."

The driver made Werthner, 18, get off the bus.

Werthner didn't argue, and left the bus without first getting a transfer — leaving her stranded and late for work.

After the bus pulled away, Werthner said what happened sunk in.

"I was really embarrassed and kind of frustrated," she said. "I didn't understand why I would have gotten kicked off for what I was wearing."

Neither does OC Transpo, which is investigating the incident. EMMA JACKSON/METRO OTTAWA

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SAN FRANCISCO

Pokémon Go player shot dead

A 20-year-old man was shot to death while playing Pokémon Go at a tourist attraction along San Francisco's waterfront, authorities and a family friend said.

Calvin Riley was shot Saturday night by an unknown assailant at Aquatic Park near Ghiradelli Square, the U.S. Park Police said Sunday.

A family friend told KGO-TV Riley and a friend were playing the hit mobile game when he was shot.

"From what we know there was no confrontation. There was nothing said back and forth. It was just senseless, just came up and shot in the back and ran away for nothing," John Kirby said.

Kirby said Riley and his friend had noticed someone watching them from the top of a hill that overlooks the park, but it was dark and they were mostly looking at their cellphones.

Sgt. Robert Jansing, a detective with the U.S. Park Police, said the gunman did not take any of Riley's belongings or try to rob him. THE ASSOCIATED PRESS

IN BRIEF

70 dead in Pakistan suicide attacks

Pakistani militants struck at the heart of the country's legal profession on Monday, killing a prominent attorney and bombing the hospital where dozens of other lawyers had gathered to mourn. The attacks killed at least 70 people, most of them lawyers, authorities said. A breakaway faction of the Pakistani Taliban claimed responsibility for the attacks in Quetta, capital of Baluchistan province.

THE ASSOCIATED PRESS

Young women from Pennsylvania's Amish community ride a horse and carriage on July 23, through Lancaster County. On the outskirts of a town called Intercourse, an entire community of people has survived this election season with its eardrums' chastity never once penetrated by the sound of Donald Trump's voice. ALEX PANETTA/THE CANADIAN PRESS

Amish pulling for a Trump victory

U.S. ELECTION

Community has so far been spared news of election

On the outskirts of a town called Intercourse, an entire community of people has survived this election season with the chastity of its eardrums never once penetrated by the sound of Donald Trump's voice.

Many Amish have never heard him speak. They've read newspaper articles about him, learned about him through word-of-mouth, but have never had the full sensory experience because their traditionalist faith forbids television, radio and the web.

So the reactions are spontaneous and physical when a reporter visits this farming community and attempts to impersonate the outer-borough twang of a candidate who brags about his billions, his beautiful wife and the gold-garnished skyscrapers adorned with his name. Eyes pop in surprise. Bellies burst in laughter. Heads shake in disgust.

"That's a little too much bragging," says a young woman at a bookstore counter. "Usually when people think too much of themselves, that's when it all goes downhill."

Across the parking lot with the horse and buggy, the local librarian strokes his beard and says: "We're supposed to be humble and not have pride."

Residents won't let their names be printed. Modesty is so central to the Amish way of life that people in this Pennsylvania community won't be photographed, won't linger before mirrors and avoid media.

But here's a shocker — most are pulling for Trump.

The Amish are conservative — so they support Republicans against a party they associate with abortion, homosexual rights. Another factor frequently comes up in conversation: Hillary Clinton is a woman.

"No Amish is going to vote for Hillary," says the man in the library. "No one wants a woman president. ... What does Bill think about his wife running for president?"

The estimated 70,000 Amish in Pennsylvania could be a powerful voting bloc. But there's just one problem — the Amish don't vote. An estimated five per cent cast ballots in the last election. THE ASSOCIATED PRESS

TEXAS

Family of teen who made clock files suit

The family of a Muslim boy who was arrested after bringing a homemade clock to school filed a federal lawsuit Monday against Texas school officials and others, saying the incident violated the 14-year-old boy's civil rights, prompted death threats and forced them to leave the United States.

The lawsuit was filed on behalf of Ahmed Mohamed, who was arrested at his suburban Dallas high school in September and charged with having a hoax bomb. He says he brought the homemade digital clock to school to show his English teacher.

Ahmed showed off the clock, made out of a plastic pencil box and electrical wire and other hardware salvaged from his parents' garage, on Monday during a news conference with his parents and attorneys.

Irving police later dropped the charge, but he was still suspended for three days. He never returned to the school; his family opted to have him take classes elsewhere.

The lawsuit names Irving Independent School District, the city of Irving and the school's principal, and asks a jury to determine the damages. In November, the family asked the district and city to pay $15 million or else face a suit.

THE ASSOCIATED PRESS

Ahmed Mohamed and his clock THE ASSOCIATED PRESS

Vail makes $1.4 billion bid for Whistler Blackcomb

TAKEOVER

Deal will give ski resort access to cash to grow status

The friendly takeover of Whistler Blackcomb Holdings by an American mountain resort operator is all about long-term stability, says the head of the popular British Columbia ski destination.

Whistler Blackcomb's David Brownlie said Monday the deal with Colorado-based Vail Resorts, totalling nearly $1.4 billion, will give the ski resort access to both the money and the markets it needs to grow its status as one of the world's leading, year-round ski havens.

"We think that working with Vail will accelerate our business plan and we're excited to move forward with it," Brownlie said in an interview.

Whistler Blackcomb pulled the curtains back earlier this year on an ambitious, $345-million expansion project, dubbed the Renaissance plan, to build more weather-independent facilities, improve on-mountain infrastructure and expand real estate offerings.

Vail Resorts CEO Rob Katz said he is committed to expanding the all-season resort, which is located about 125 kilometres north of Vancouver.

The purchase had nothing to do with the low value of the Canadian dollar, he added.

Officials at Whistler Blackcomb say that Vail Resorts' takeover will help the British Columbia ski destination grow its status as one of the world's leading, year-round ski havens. THE CANADIAN PRESS

> **Everything in the ski industry is about the long term.**
> Vail Resorts CEO Rob Katz

"Everything in the ski industry is about the long term and we know that very well," Katz said. "We think about things in the next 10 or 20 years, and currencies go up and down."

Vail's financial support and broad network of customers will go a long way to boosting business at Whistler Blackcomb, he said.

"We have felt for a long time that Whistler Blackcomb is really the best positioned North American resort to benefit from the growth that we expect in outbound Chinese ski visitation, especially as China starts to ramp up towards the 2022 Beijing Winter Olympics," said Katz.

"For our company to have a strong entree into that opportunity is meaningful."

Brownlie added that he hopes the transaction will help Whistler Blackcomb make inroads into the eastern seaboard of the U.S., as well as Latin America, especially Mexico.

The federal government recently lifted visa requirements for Mexicans visiting Canada.

Vail Resorts operates nine mountain resorts and two ski areas in the U.S. and Australia, meaning the Whistler Blackcomb sale would be its first foray into Canada.

Whistler Blackcomb is the largest and most visited ski resort in North America.

When it opened in 1966, the Whistler resort featured a four-person gondola, a double chairlift and a day lodge. It has since grown to become one of the premier ski destinations in North America, serving as a host site for the Olympic Winter Games in 2010.

THE CANADIAN PRESS

IN BRIEF

TransCanada tells panel Energy East pipeline safe

TransCanada Corp. stressed its commitment to the safety of oil shipments as three days of hearings into the proposed $15.7 billion Energy East pipeline project opened in New Brunswick on Monday. John Van der Put, vice-president of eastern oil pipeline projects for TransCanada Corp., told a three-member National Energy Board panel that the project is "the safest and most environmentally responsible way" to transport crude oil from Western to Eastern Canada. THE CANADIAN PRESS

Feds looking into financial side of soda pop tax

The federal government has weighed the pros and cons of a financial deterrent aimed at shrinking bulging waistlines: a tax on soda pop. Finance Minister Bill Morneau's office requested an analysis to explore the "issues and impacts in respect of a potential tax on soft drinks."

THE CANADIAN PRESS

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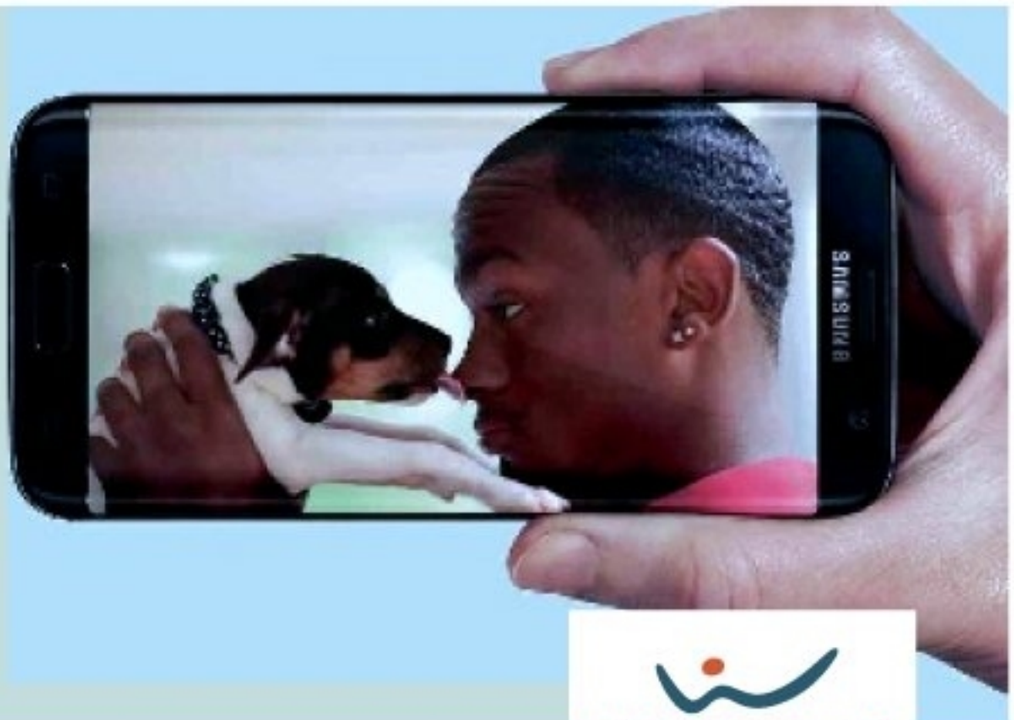

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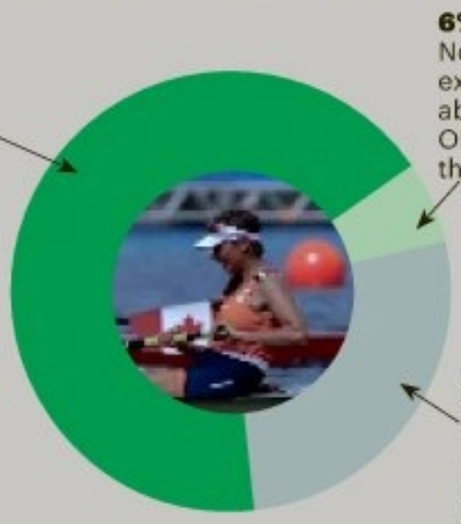
metro VIEWS
Your essential daily news
Tuesday, August 9, 2016

METRO POLL

Do you have Olympic-size worries?

Brazil is a mess. The congress is trying to oust the president. There's a potentially dangerous level of human sewage in the water where aquatic events are taking place. The Olympic Village is shoddy, and thanks to the worst recession in generations, public institutions have ground to a halt because the government can't afford to pay wages. And that's not to mention the Zika virus. We asked our readers if these issues have tarnished the Olympics' golden glow.

1 Have all the issues in Rio reduced your interest in the 2016 Summer Olympics?



WE ASKED Metro readers

How much taxpayer money is wasted on this commercial venture?

The Olympic committee doesn't give a damn about the issues for the athletes, as long as they have a city that will host.

The Olympics will be fine despite Brazil's problems.

It doesn't sound like a safe place for anyone right now, medically and politically. It's not a place to be hosting a global event at this time.

Latrine Bay scares the crap out of me!

Olympics should be held in the same place every four years. The cost to countries to host this event is horrendous.

I want to see everyone support the dreams of our children. Don't take their dreams away with negativity.

visit metronews.ca
HAVE YOUR SAY

My best breakup: the one with my car

TORY'S TORONTO

Matt Elliott

Four years ago this month, I broke up with my car.

It was amicable. My Mazda and I had been drifting apart for a while. I had started freelancing full-time the year before, saying goodbye to my regular commute. And I was (and still am) privileged enough to live downtown, where most destinations are within easy walking, biking or transit distance.

I have trouble feeling sympathy for Toronto residents who complained about car2go users taking up too many parking spaces.

But, after months of waffling, what really pushed me to finally break things off completely was the widespread availability of car-share services. I carry cards for both Enterprise Carshare (formerly AutoShare) and car2go.

They get a lot of use. Meanwhile, I'm saving a ton of money on car-related expenses, I'm getting more exercise by driving way less, and I'm not always stressing about my damn "Check Engine" light.

So forgive me if I have trouble feeling much sympathy for the Toronto residents who complained, in a CBC story last week, that car2go users are taking up too many parking spaces on their streets.

It's not that I don't understand the frustration of trying to find parking. I held a street-parking permit for years, and often tore my hair out looking for space.

But convenient access to parking has to be weighed against the overall benefits of car-share services.

And the benefits are significant. A report from UC Berkeley's Transportation Sustainability Research Centre, released last month surveyed 9,500 car2go members in five North American cities and found that the service results in a reduction of the total number of vehicles on the road, which in turn results in a significant reduction in greenhouse gas emissions.

In Vancouver alone, the report found, car2go has replaced the equivalent of 8,200 cars, thanks to users either selling their cars or opting not to buy one in the first place.

That's huge.

None of this means I'm happy with the car-sharing status quo in Toronto. Because city hall denied them permission to park their cars on residential streets last fall, car2go is currently operating in defiance of city bylaws.

That can't stand. City council should work quickly to hammer out a deal with car2go and other car-share operators. That would allow the city to work with both car-share services and residents to deal with any reasonable — and I stress the word "reasonable" — concerns about parking.

While they're at it, city hall could also simplify the city's arcane permit parking system.

Ultimately, though, this issue will come down to priorities. In an era of climate change and traffic congestion, cities must take all steps to enable people to break up with their cars. That goal is more important than petty complaints and minor grievances. Car parking can't stand in the way of car sharing.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

Welcome to the 2016 Sexism and Objectification Games

Every two years, men around the world get a good look at the buttock creases of elite, highly-trained and supremely fit women who could clock them before they finish the sentence "Nice ass."

Call it the Ogling Games. In only the last few days:

- The Toronto Sun celebrated a silver medal by proclaiming diver Penny Oleksiak "pretty" in a splashy front page (yes, I get it; yes, it's both lazy and sexist).
- 24 Hours ran a "Sex with a side of gold" headline, featuring a nice wide shot of female swimmers' backsides and a sidebar noting volleyball and tennis are among the sexiest sports "not just for their sexy bodies and great personalities but also for the cute outfits they don," according to "relationship therapist" Kimberly Moffit.
- The Globe and Mail put a full-page photo of Canadian divers Jennifer Abel and Pamela Ware on its sports cover, showing their great form and butt-revealing swimsuits.
- The Chicago Tribune headlined a trap-shooting athlete's win this way: "Wife of a Bears' lineman wins a bronze medal today in Rio Olympics."
- NBC commentator Dan Hick had to apologize after he called the husband and coach of Hungarian gold-medal swimmer and new world-record-holder Katinka Hosszu "the man responsible" for the swimmer she's become.

None of this media treatment is new to women's sports. It's just at Olympic proportions. Each games are a turbocharged two weeks of wall-to-wall coverage of women athletes, and the sexism that goes hand-in-hand with public attention.

There's no reason, other than male viewers, women's swimsuits need to be cut higher than the CN Tower, revealing half a bum cheek. There's no reason female beach volleyballers need to wear bra tops. The ploy is so obvious, some U.S. male gymnasts want to compete with their shirts off for attention.

All of which is gross.

So are the comments about female athletes' physical appearances (from 2012, Boris Johnson's gush over the "semi-naked women playing beach volleyball... glistening like wet otters."). So is painting women's success as a footnote to their husbands'.

Alas, each Olympics brings more of the same, suggesting critiques like this are as useless as stories about Olympics in turmoil (they always are. The show always goes on).

If anything, the Games underline to all aspiring female athletes just how sexualized they can expect to be. And since we're all so OK with that, I suppose they should learn it early. Bonne chance, women of the Olympics, and nice asses.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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metro LIFE

Your essential daily news

Martha Stewart, Snoop Dogg team up to throw celebrity dinner parties for new VH1 reality show

Second Jen looks to make TV history

INTERVIEW

Asian stars hope their show will spark more diversity

Jen (Samantha Wan) is nervously sitting in a doctor's office waiting for a gynecological exam. In the next seat engrossed in a medical pamphlet on sexual health is her best friend Mo (Amanda Joy).

"Do you remember my first pelvic exam when my mom got me to see a gynecologist Dr. Chin?" asks Jen with alarm.

Actors Wan and Joy are in the back of a former daycare centre in the west end Toronto neighbourhood of Babypoint. The studio has been mocked up to resemble a doctor's office. They're putting together City TV's Second Jen, a sitcom that is revolutionary for starring not one, but two female Asian leads.

Since ABC's Fresh Off The Boat and Dr. Ken there has been a gold rush of Asian American sitcoms including CBC's Kim's Convenience scheduled for the fall season, and YouTube Red's Single by 30.

But Second Jen stands out because it is confidently doubling down on the Asian leads, as if we had already arrived in a post-racial world. The fact that it is Toronto-based makes sense, since this city is touted as the most diverse in the world.

Back to the scene in the doctor's office: At the age of 21, Joy says, her mom followed her to the doctor.

"His first question was, 'Are you sexually active?' And she wouldn't leave the room!"

Second Jen is based on the experiences of Joy (who has Filipino ancestry) and Wan (who has Chinese ancestry) and their attempt to make it on their own outside their protective families. The gynecological exam scene was inspired by the fact that Asian parents rarely, if ever, talk about sex to their children. "Mainstream culture is all about go out there, have fun safe sex, and in Asian culture you just never talk about it at all," says Joy.

The title of the show also refers to the second generation, and the cultural and technological divide between millennials and their parents.

"This isn't a show just about being Asian, it's about the generational shift that's happening out there," Wan says.

A study at the USC Annenberg school of journalism found that of the 100 top films in 2014, 12.5 per cent of the casting was black, 5.3 per cent was Asian, and 4.9 per cent were Latino.

But remarkably, while Hollywood still battles over Oscars So White, television continues to push the boundaries, becoming much more reflective of the society we live in.

In some ways, it's surprising that Canadian networks have not taken the lead on diverse casting as some U.S. producers have done, introducing quality shows such as Blackish and Master of None.

Wan and Joy, tired of competing for the same roles in Toronto, decided they needed to create their own jobs.

What has changed for both actresses and they think also for mainstream audiences is the way that they look at the world through the lens of television. And they hope that they're not the only ones seeing it through that prism.

"One of my favourite shows growing up was Friends, and I still love that show," Wan says.

"But I look at it now and there's so little diversity. It's just so weird watching that now. And I hope moving forward that maybe we can change this a little, that we won't be the only ones that think that way."

TORSTAR NEWS SERVICE

TV TRAILBLAZERS

All American Girl (1994)
Comic Margaret Cho's sitcom was groundbreaking for having an Asian lead. Cho played the rebellious daughter of a strict Korean-American family. The show only made it one season and Cho blamed network executives for trying to make her material more palatable to mainstream audiences.

Fresh Off The Boat (2015)
A show about an Asian family living in Orlando, Fla., based on the life of Vice host and chef Eddie Huang. Huang criticized the show before it aired saying, the series did not accurately reflect his life.

Master of None (2015)
Aziz Ansari and Alan Yang's masterful send up forms a modern, diverse ensemble comedy. Ansari plays an actor who is best known for a Go-Gurt commercial. Which, in itself, is funny.

TORSTAR NEWS SERVICE

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JOHANNA SCHNELLER WHAT I'M WATCHING

An appeal to Spanish speakers

THE SHOW: Sing movie commercial (NBC)
THE MOMENT: The Spanish text

During a break from NBC's Olympics coverage on Saturday afternoon, a commercial appears for the upcoming animated movie Sing, which looks like Zootopia crossed with American Idol: As a koala named Buster (voiced by Matthew McConaughey) walks into his office, a stack of flyers for the singing competition he's hosting blow out the window. Other animals pick them up, and we see a montage of their auditions. The dialogue and the songs are in English. But interestingly, any text that appears, such as "From the Creators of Despicable Me," is written in Spanish. The movie opens on Dec. 21; as the ad ends, the word "Navidad" fills the screen.

This is not the first time a major U.S. English-language network aired a commercial in or featuring Spanish. CBS ran a Spanish-language ad for Pepsi during the Grammy awards way back in February 1989. Target premiered a four-spot Spanish-language campaign during the Latin Music Awards this past May. But this is the first time I've seen a half-Spanish commercial dropped casually, without fanfare, into a major network's Saturday afternoon broadcast of women's volleyball and men's gymnastics. NBC — which owns Universal, the studio behind Sing, and also owns the Spanish-language network Telemundo — has obviously decided to appeal more directly than ever to its increasing numbers of Spanish-speaking viewers. And why not? According to the Wall Street Journal, Spanish-speaking viewers watch more TV as it airs than English speakers. Which means they're presented with more commercials. Expect to see more such Spanglish ads soon.

A commercial for the animated movie Sing was voiced in English but featured advertising text in Spanish — a casual effort by NBC to appeal to its diverse viewership. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Mormon mommies have the best blogs

TRENDS

DIY crafts and wholesome values hit a popular note

Stephanie Nielson, second left, author of the Nie Nie Dialogues, and her family. CONTRIBUTED

For the past decade, members of The Church of Jesus Christ of Latter-day Saints have taken the blogosphere by storm, documenting their daily lives and amassing huge followings of Mormons and non-Mormons in the process. Atheist followers say the attraction is the escapism of picture-perfect lives filled with wholesome values and DIY crafts, while scholars say various tenets of Mormonism — sharing the faith, the value of creativity and the importance of family — make the religion a perfect fit for the blogging medium.

Utah mom Meredith Ethington, 38, saw blogging as a way to exercise her writing skills while maintaining her commitment to motherhood.

"I think a lot of (Mormon) women seek out blogging because we have talents and passions of our own and it's a way to express those, but still be able to stay true to those core values and stay home with our kids," said Ethington, who said the LDS church encourages women to stay home and raise children if they're able to.

Ethington's blog, Perfection Pending, focuses more on parenting than it does on Mormonism — she estimates only one in 10 of her readers are Mormon — but she understands certain mysteries shrouding her religion could be drawing in readers.

"We don't drink, we don't smoke, we don't swear. Those sort of things make us stand out naturally," said Ethington.

Like other Mormon bloggers, Ethington doesn't bombard her readers with her faith, but tucks her religious disclosure into the "About Me" section. Others have "We Believe" sidebars with links to the LDS church.

Some are even more discrete.

It took Torontonian Eva Voinigescu months to realize one of her favourite bloggers, Sydney Poulton of The Daybook, was Mormon.

"I'd always been curious because she looked very young and yet she was married and had a child," said the writer.

Voinigescu, 27, admits she initially judged Poulton after finding out she was Mormon. She herself is agnostic, skeptical of organized religion, career-focused and a feminist. She isn't married and doesn't know if she wants kids. She started questioning aspects of Poulton's life, including why she seemed to make so many sacrifices for her husband's career.

But the blog's appeal endured.

"It's weird to see a parallel lifestyle that's so different from my own but has so many desirable aspects to it," said Voinigescu, who comes from a small family, spread out across the globe. "A lot of the values that come out in the blog are family, creativity, closeness. It definitely appeals to me, those values."

Sentiments like these are music to Mormon ears.

"Mormonism is a missionary religion. Members of the church are encouraged to share their faith with others," said Patrick Mason, a historian and the Howard W. Hunter chair of Mormon Studies at Claremont Graduate University in Southern California. "Blogs have become a really popular way for them to do that, often times in a really low key way."

Bloggers may choose to emphasize Mormon values of family, child rearing, the domestic sphere and the sacred calling of motherhood, as opposed to an overt focus on faith because they don't want to be seen as "preachy," he said.

"Mormons want nothing more than to be liked and respected and mainstream," said Mason, giving the example of Mitt Romney, a Mormon and the 2012 Republican presidential nominee. "They want to be just like everyone else but they want to be better at it."

For Jenny Evans, a Massachusetts-based Mormon and stay-at-home mom, making money off her blog is a "happy side benefit."

She's proud of the family values she shares on her blog, the Unremarkable Files.

"I love my family and I love my kids and I love to share the humorous and silly side of that, while still being really positive about being a mom and being a wife," said Evans, 34, a mom to six children.

"Mormon belief is just to look for the positive in things."

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Fighting? Stop and think about the future

ADVICE

Ask yourself: Will this matter a year from now?

If you're at odds with your wife about family chores, or are having a spat with your boyfriend over who feeds the cat, stop and ask yourself, "Will this fight matter a year from now?" — and you might still be together then.

A new Canadian study, published in the journal Social Psychological and Personality Science, suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective, instead of focusing on the present.

That means in the heat of the moment when tempers are flaring, people should take a step back and ask themselves how a conflict will affect them down the line, says lead author Alex Huynh, a doctoral candidate in the University of Waterloo's department of psychology.

"It allows them to be more forgiving of their partners and close friends, and in the end, that changes how they think about their relationship and their relationship well-being," he says. "They think the relationship will get better, and (think) of the conflict as a learning experience."

The researchers conducted two studies — one on undergraduate students in Chicago, and another on a broader age range of Americans found through a crowdsourcing website. All participants were asked to reflect on a recent conflict with a romantic partner or a close friend, with one group tasked with describing how they felt about it in the moment, and a second group describing how they'd feel about the conflict in a year.

In both studies, those thinking about the future reported more positivity about their relationships. They also showed more forgiveness and saw the fight in a more reasoned, positive light.

"People get caught up in their feelings, and use it as fuel and end up hurting their relationships," says Huynh. "But as humans . . . we can take a step back and think about our conflicts differently. By this simple way of doing that, your relationship is going to be better."

The findings come as no surprise to psychologists and relationship counsellors, who've seen it all when it comes to sparring couples.

A new study suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective instead of focusing on the present. ISTOCK

"Even basic stresses in life, when we take a moment to say, 'Will this matter a year from now?' I find it makes my clients calm down," says Nicole McCance, a Toronto-based psychologist and relationship expert who has been working with couples for around a decade.

"It makes absolute sense," says registered professional counsellor Edel Walsh, founder of Love Done Well, a Vancouver-based love, life and relationship-counselling service.

We're all hard-wired with a primitive "fight or flight" response, she says, and it's nonsensical to try and solve a conflict in that state of mind. "What generally leads to an escalation in an argument with couples is that they both want to be heard at the same time — but you can't."

When we're arguing with someone, there are actually physiological changes in our body, says McCance. "Our blood pressure increases and goes away from our brain, into our legs and arms," she says.

"The best thing to do is walk away and take a break
Psychologist
Nicole McCance

In other words, your brain isn't exactly firing on all cylinders when you're mad.

"The best thing to do is walk away and take a break," McCance adds. "It takes 20 minutes for your blood to go back to your brain."

And after hitting the pause button, you might as well take some time to think about the future, too. TORSTAR NEWS SERVICE

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Aside from adopting a future-oriented perspective, there are a few other things couples can do to get through conflicts to maintain a happy, loving relationship

Keeping the peace

How to maintain a happy, loving relationship

Make your relationship a priority.
It's easy to get caught up in your own needs, but you have to focus on your relationship as a whole. Ask yourself: Are you fulfilling your partner's needs? Are you asking them how their day went? Are you focusing on the things you love about them? To figure out your partner's specific needs, pay attention to the things they're complaining about.

Plan for conflict in advance.
It sounds unromantic and pessimistic to plan for a fight, but Walsh says that's a key way couples can avoid the blow-ups sparked by our primitive "fight or flight" response. (And let's face it: Fighting with a partner is inevitable.) During a calm conversation, talk to your partner about how you want to handle conflict and make an agreement to hit the pause button before things escalate.

Don't play the blame game.
Finger-pointing in a fight will just lead to bitterness, but it's often how people react. "Instead of partner blame, there has to be personal blame," says Walsh. "You have to say, 'Here's what I did, here's what I said, here's my mistake.' " That personal accountability can be even more important than apologizing, she adds.

LEARNING CURVE

Don't break the bank. Sort out your school year budget now

Nearly half of students surveyed say social outings and eating at restaurants cost more than they anticipated, followed by groceries and tuition, according to a recent student finances poll.

"Figuring out what the school year is really going to cost is something that can make a big difference once the semester starts," advises Laura Plant, director of student banking at RBC. She offers the following tips to help parents and students budget for the school year ahead:

1. Figure out your costs — estimate expenses on the high side if you don't have an exact amount and rework the figures once you know the actuals. Talk to upper-year students who may have insights on costs of academic conferences, textbooks, and other necessary tools.

2. Add up all sources of income to see how much cash you are working with for the year. Think about savings, investments, gifts, financial assistance and scholarships from both government and your educational institution. Sort everything into two categories — "sure thing" and "maybe."

3. Separate your wants and needs, prioritize, and adjust. Consider making some lifestyle changes to help keep expenses in line.

4. Use an online calculator to help with budgeting. The RBC student calculator, available at rbcroyalbank.com/student, provides hints on what you might have overlooked, such as the costs for an Internet connection or trips home.

5. Regularly review your spending and income/savings throughout the year, and adjust as necessary.

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Find a new career in health care this fall

A new school year doesn't just signal a new start for students. This fall, you can start building a new career.

If you're considering taking specialized education to find a better paying, more rewarding career, consider the health-care sector.

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If you're passionate about helping people, this may be a great career option for you.

On the medicine side, a medical office administrator runs an office or clinic like a tight ship, making sure all patients are cared for.

Careers related to counselling are highly valued too.

An addictions and community services worker helps individuals who are experiencing substance abuse, mental health issues, and other difficulties.

Or, if you're interested in helping young people find their own best path, a career as a child and youth services worker may be for you. Potential work places include group homes, school programs, aboriginal agencies and more.

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To learn more

For more information, visit CDI College Business Technology Health Care online at study.cdicollege.ca, or call 1-800-360-7186.

Newcomers benefit from work-specific language training

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In 13 colleges across Ontario, including six in the Greater Toronto Area, internationally trained professionals are improving the communication skills relevant to their profession thanks to occupation-specific language training (OSLT).

"What OSLT does is brings together people who have loads of experience in the content of a specific profession but little in the Canadian workplace," says Pamela Glaser French, manager of the School of Immigrant and Transitional Education at George Brown College, which is one of the institutions that facilitates OSLT courses. "So, it isn't a basic English as a second language (ESL) class but rather focuses on how to use English in your profession. "It is meant to help newcomers find employment in Canada by improving their workplace communication skills."

Offered at no cost because of funding from Immigration, Refugees and Citizenship Canada (IRCC), the program accepts participants who are permanent residents or protected persons and have training or experience in a specific occupation or sector.

And while available courses vary by college, Glaser French says GTA colleges (George Brown, Centennial, Collège Boréal, Humber, Seneca and Sheridan) focus on OSLT areas such as business, technology, human services and health sciences.

"The courses really reflect the expertise of Ontario colleges," says Glaser French of the program. Most courses take 180 hours to complete. "They are also facilitated differently by each school, with some offering OSLT in the evenings and others during the day."

These variables allow students options, but it is a blended learning format that was introduced five years ago and is increasingly being used that really maximizes flexibility. The model sees students spend equal proportion of time in class and online.

"In the classroom, students form bonds and build professional networks, which are then strengthened through online communication with their classmates through the use of technologies that mirror what is required in today's workplace," says Glaser French.

With the popularity of the blended learning model, George Brown and other colleges are set to offer the new OSLT for Professional Managers course, which is one of more than 60 courses offered across the province.

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Enjoy fine beverages? Here's how to up your tasting game

Whether you are a food writer and need to learn more about spirits, a corporate professional who wants to impress clients with in-depth knowledge of wines or a beer novice looking to become a connoisseur, Centennial College has you covered.

"People are tweeting about their drinking experiences, microbreweries and wine tours are growing in popularity and beverages are popular topics in the hospitality industry, so we wanted to add the education component through two certificate programs: wine appreciation and wine, spirits and beer appreciation," says Michelle Caine, chair of hospitality and tourism within Centennial's School of Hospitality, Tourism and Culinary Arts.

The two part-time offerings consist of four courses each that can be completed in an eight-month span, with students attending in-person classes led by trained sommeliers who deliver course content in an approachable way that includes interactivity (think tastings). Both programs also make use of the recent makeover to Centennial College's hospitality facilities at its Progress Campus location, which includes a tasting room complete with mini sinks for convenient wine disposal, says Caine.

"The wine appreciation certificate is designed to teach the fundamentals of wine tasting and production, tasting skills, the basics of wine varietals, and styles and quality in a comfortable atmosphere," she says. "The wine, spirits and beer appreciation certificate, meanwhile, will teach students product knowledge, when to offer these beverages, how to prepare them and how to pair each of them with food."

After receiving positive feedback from interested parents of current Centennial students, the local Toronto community and college staff, Caine says she is most looking forward to witnessing the potential of the programs to attract a wide spectrum of students.

ISTOCK

"All the courses will start at 6:30 p.m., which will even allow people who lead busy lives to attend," she says. "Because the courses are set in a hospitality environment, you will be seeing students from other programs and become part of a community in which you are learning together."

The beverage-focused programs, says Caine, are also a great launching pad for other school of hospitality, tourism and culinary arts offerings.

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Make the most of your tablet, whether studying or chilling

A tech favourite for those young and old alike, tablets are a lighter, bag-friendly option for playing apps, reading books and news, watching videos, and surfing the web. They're also great for students and others who are on the go and offer many of the same features you would find on a laptop while providing easy entertainment for your downtime.

With new models and sales coming out for back-to-school, there are more reasons than ever for upgrading your tablet. Here are the specs you need to look for:

Screen resolution: Full high definition screens offer true colours, sharp text, and vibrant images that enhance your experience. LG's new G Pad III features an 8-inch screen that lessens eyestrain with its reader mode that filters blue light and reduces intensity. The customizable settings will let you easily work (or play) longer, letting you catch-up on any assignments or missed television shows.

Getting work done: Most tablets come with pre-installed office apps, but they can also be downloaded so you can type up your documents on the go. Wireless Bluetooth keyboards and other accessories can be added for additional options, and a long-lasting battery will help you get it all done without being tethered to an outlet.

Storage: Look for a tablet that offers a full size USB port. This allows for easy data-sharing and backing-up of all your important documents. Most tablets also come with at least 16GB of built-in memory and have expandable storage options of up to 2 TB.

Multitasking: Some tablets let you use two apps at the same time in split-screen mode, allowing you to drag and drop content easily. In addition to split-screen, the GPad from LG offers the QPair Connection app for seamless connectivity and productivity with your phone.

ISTOCK

CONTRIBUTED

Building on a vibrant Francophone culture at school

The conseil scolaire de district catholique Centre-Sud (CSDCCS), the second largest French language school board in Ontario, is experiencing a period of growth — to which its director of education accredits the board's holistic approach to education.

"We have 57 schools and will be growing to 59 when we open schools in Caledon and Collingwood for the 2016-17 school year," says André Blais of the French Catholic School Board for the south-central region of the province. "It's very exciting for those communities. When I meet with my colleagues in eastern and northern Ontario, their enrolment is decreasing and they are talking about consolidation and closing and we are still building."

CSDCCS offers a 100 per cent francophone environment. That means, says Blais, CSDCCS students are exposed to French from morning prayer to classroom learning and extracurricular activities while also studying an increasingly diversified francophone culture as well as spirituality.

"We used to speak about Franco-Ontario culture, which is the traditions and cultures of those who had settled in Ontario but with more immigrants arriving, we are being exposed to francophones from all over the world. It is very vibrant as a culture," he says.

With CSDCCS graduate rates sitting at 91 per cent, compared to the 78 per cent provincial average among all school boards, Blais says it is a misconception that children who learn in a fully francophone environment are at a disadvantage.

"It certainly helps kids to achieve a high level of bilingualism as they learn in French throughout the day to perfect the language and while they are in the community, they communicate in English," he says. "They also begin taking English classes in Grade 4."

CSDCCS, which serves 16,000 students, runs early year programs, and elementary and high schools. It recently implemented a junior kindergarten to Grade 12 model in Stouffville, Ont., which it is replicating in Peterborough, Ont.

"The Ministry of Education, for a few years now, has talked about the advantages of full-time junior and senior kindergarten," says Blais. "Our board, for more than 1 5 years, has looked at full-time pre-school and junior kindergarten not as an expense but an investment."

metro RIO

Ibtihaj Muhammad made U.S. history by becoming the only American ever to compete in the Olympics wearing a hijab

Canada topped Great Britain 33-10 to win rugby sevens bronze on Monday at Deodoro Stadium in Rio. DAVID ROGERS/GETTY IMAGES

Bronze rebuttal

RIO2016

Canada gets revenge on GBR in third-place sevens match

Ghislaine Landry led Canada to a historic bronze medal Monday.

Landry had two tries and four conversions to lead the Canadian women's rugby sevens squad to a decisive 33-10 win over Britain as women's rugby made its Olympic debut.

Karen Paquin, Bianca Farella and Kelly Russell had the other tries for Canada, which took a commanding 26-5 halftime advantage. The Canadians also earned a successful finish to the tournament after dropping a 17-5 semifinal decision to Australia early Monday.

The win also provided Canada with redemption after losing 22-0 to Britain in pool play. New Zealand defeated Britain 25-7 in the other semifinal Monday.

Canada was looking for a second upset win over Australia, which is regarded as the class of the tournament and with good reason. The defending World Series champion won the first three of this year's events before losing 29-19 to the Canadians in the fifth and final stop of the tour.

But the Aussies took care of business this time around, storming out to a 12-0 halftime lead. And they led 17-0 before Charity Williams scored Canada's lone try to round out the scoring.

The third-seeded Canadians advanced to the seminal with a 15-5 victory over France after posting a 2-1 pool record.

Canada secured its third medal overall (two bronze, one silver).

THE CANADIAN PRESS

WOMEN'S BASKETBALL

Canada creates big moments to build on

This might have been the game, the dramatic and electric and unexpected comeback, that propels Canada's Olympic basketball team to unprecedented heights.

It could be the win that awakens the country, the triumph that pays gigantic dividends as the Rio 2016 tournament unfolds, the "holy smokes" moment of their lives.

Down 18 points in the third quarter, unable to get untracked anywhere on the court, the Canadians came storming back, ultimately registering a 71-67 win over 2015 European champion Serbia thanks to a series of late-game heroics that was as dramatic a basketball finish as any fan could ever want.

It was a trio of the relative kids — Nayo Raincock-Ekunwe, Miah-Marie Langlois and Kia Nurse — and one of the old hands Kim Gaucher who gave greater life to the team's medal hopes and should propel them deeper into the national consciousness.

"When we play in desperation mode, which we were playing in today, that's when we're really, really good," Nurse said. "And that showed."

Kia Nurse GETTY IMAGES

It may not have been as emotionally draining as, say, the Canadian soccer team's loss to the United States four years ago in London, but it could be equally important in turning this group into the country's darlings as the Games roll on.

A Gaucher three-pointer from the corner, a Raincock-Ekunwe three-point play, a Langlois dagger of a three with less than 10 seconds left and Nurse's brilliance in a 25-point effort is the stuff on which reputations are built.

The top four teams in the group advance to the quarterfinals and having a 2-0 record with games left against Senegal, the U.S. and Spain is exponentially better for Canada than being 1-1. TORSTAR NEWS SERVICE

1 Hosts have a gold — Rafaela Silva captured Brazil's first gold medal of the Games by winning judo's 57-kilogram division.

2 Bouchard falls — Eugenie Bouchard of Westmount. Que., was eliminated from the women's singles tennis event with a 6-4, 6-2 second-round loss to German Angelique Kerber.

3 Hope on the water — Victoria's Lindsay Jennerich and Patricia Obee — Canada's best hope for a rowing medal — won their heat in the women's lightweight double sculls to advance to the semifinal round Wednesday. But the women's eight crew finished last in its three-boat heat.

THE CANADIAN PRESS

RIO notes from the Games

DeLaet has date with history

The first Olympic golf shot in 112 years will be hit by the lone Brazilian in the men's field.

Graham DeLaet GETTY IMAGES

The International Golf Federation tapped into what few Olympic roots it has by selecting Adilson da Silva to be the first to tee off Thursday. Also in the opening threesome: Graham DeLaet of Canada, a country IGF president Peter Dawson called the defending champ — George Lyon of Canada won the gold medal at the St. Louis Games in 1904.

Mayor pleads for carpooling

The mayor of Rio de Janeiro called for residents to carpool in the notoriously congested city Monday, the first workday during the Olympics competition schedule that featured medal action in gymnastics, swimming, fencing, women's rugby, judo and more.

Brazil soccer on cusp of another home meltdown

It has come to this for the Brazilian men's soccer team: The fans are so disappointed with the team that they heckled icon Neymar and chanted the name of the women team's star during a lacklustre, scoreless tie against Iraq over the weekend. Brazil is now facing elimination — a prospect that once seemed unthinkable in the soccer-obsessed host country — after 0-0 draws against South Africa and Iraq. THE ASSOCIATED PRESS

Neymar GETTY IMAGES

metro SPORTS

Inter Milan says coach Roberto Mancini has left the Italian club after less than two years in charge

Gretzky statue bustin' a move to Oilers' new arena

TRIBUTE

Bronze figure receiving a wax and shine as part of 'facelift'

He stands nine feet two inches tall and hasn't aged a bit, but the statue of hockey great Wayne Gretzky could use a waxing and a bath.

The 430-kilogram bronze statue of No. 99 holding the Stanley Cup over his head has been on display at Rexall Place for the past 27 years, but with a move to a new arena in the near future he's taken a road trip down south to where he was created.

"Yes it's a facelift," laughed Don Begg, a bronzesmith with Studio West in Cochrane, Alta., west of Calgary, who worked on casting the statue back in 1989 after it was sculpted by John Weaver.

"Actually he still looks pretty good to me. We've examined him over and he's really in good shape but everything needs a little bit of tender loving care after 27 years."

During a recent visit to Begg's Studio West workshop, the statue was hanging horizontally. It was partly covered — including the Stanley Cup — but The Great One's smiling face and Oiler logo were clearly visible.

The biggest challenge, said Begg, was removing him from his spot at Rexall Place. The old bolts now have to be removed, new ones put in and then he will be waxed, shined up and made to "look like he's brand new" for the new location.

Begg, who used to live in Edmonton, admits to having a "soft spot" for the Oilers and especially Gretzky. When a statue like this one is created they always break the mould — much like Gretzky the hockey player.

"We broke the mould but he's still there and that's the main thing."

> **Everything needs a little bit of tender loving care after 27 years.**
> Don Begg

Begg said he's stopped by and checked on the statue a number of times over the years. He said there is absolutely no damage, though Mother Nature has added a few touches over the years.

"We don't have any control over the birds. We don't have any control over the weather and the dust and the dirt that blows around," he said.

"They do a small amount of maintenance and we're just going to shine him up to go into a new location."

Bronzesmith Don Begg examines the statue of Wayne Gretzky at his foundry in Cochrane, Alta., on Friday. JEFF MCINTOSH/THE CANADIAN PRESS

There are pictures of the creation of the statue — including a number of Gretzky himself — on a bulletin board outside the workshop.

Begg said he's proud to have been part of the Gretzky statue, and that the fact it's in bronze makes it all the better.

"Whether we cast him or we sculpt him it really is an honour to be part of that — of something that's going to last for thousands of years," Begg said.

"There's nothing you can make that lasts as long as a bronze."

Begg said he doesn't expect the cleanup to take more than a week as opposed to the six months spent during the creation process.

THE CANADIAN PRESS

BLUE JAYS

Pillar on DL with a bum thumb

The Toronto Blue Jays will be without their best defensive player for at least the next two weeks after Kevin Pillar was placed on the 15-day disabled list Monday.

The star outfielder sprained his left thumb on a slide into a second base on Saturday in Kansas City and sat out Sunday's finale against the Royals.

"It's just an unfortunate thing that happened just playing the game the way I've always played," said Pillar, sporting a protective blue covering over the injured thumb. "It was a bad slide and (the team) made the decision they felt was best for our team going forward."

Kevin Pillar GETTY IMAGES

Jays manager John Gibbons described the injury as a torn ligament, one that needed to "calm down" before Pillar could return to play later this month.

A model of health despite his hard-charging style in the outfield, Pillar has played in 109 of 112 games this year after suiting up for 159 of 162 last season.

Acquired from San Diego in a trade last month, Melvin Upton Jr. will take over the centre-field duties in Pillar's absence.

THE CANADIAN PRESS

SOCCER

Man United ponies up to get Pogba back

Manchester United has made Paul Pogba the world's most expensive soccer player, signing the France midfielder for around 105 million euros four years after releasing him for virtually nothing.

United says Pogba signed a five-year deal with an option for another year.

Pogba was a promising 19-year-old when he left United after his contract expired, having only made seven appearances as a substitute. He joined Juventus and won four successive Serie A titles with Juventus.

Paul Pogba GETTY IMAGES

THE ASSOCIATED PRESS

IN BRIEF

Top dirt-track racer dies following weekend crash

Bryan Clauson, a popular driver considered by many to be the top dirt-track racer in the country, died Sunday night from injuries suffered in a crash during a race in Kansas. His death was announced Monday.

Clauson, 27, was leading Saturday night's race at the Belleville Midget Nationals when he crashed while passing lapped traffic; his car rolled and was hit by another competitor.

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University of Arizona football player dies in sleep

Zach Hemmila, a senior offensive lineman for the University of Arizona, has died in his sleep, athletic director Greg Byrne said Monday.

Byrne and Arizona coach Rich Rodriguez told the team of Hemmila's death after practice on Monday morning.

Hemmila was found by a cousin. There was no immediate word on a cause of death.

THE ASSOCIATED PRESS

CFL

Gas leak interrupts Alouettes' practice

If things weren't going badly enough for the Montreal Alouettes, their latest setback saw the entire team rush off the practice field because of a gas leak.

Halfway through a workout Monday, a thick odour of natural gas wafted onto the field and the team was told to leave the area. Fire trucks were on hand as a crew worked nearby on what appeared to be a gas main. The players loaded onto buses and headed to Olympic Stadium.

> **It felt like I was in the propane tank myself.**
> Receiver Duron Carter

The Alouettes (2-4) are coming off a 38-18 loss at home to the B.C. Lions and preparing for a meeting Thursday night with the Eskimos in Edmonton. THE CANADIAN PRESS

It's a second coming for RG3

NFL

Griffin is back in starter's spot as Browns hand him team reins

Despite spending an entire season on Washington's bench, Robert Griffin III never doubted he'd be a starter again.

His belief became reality Monday, when coach Hue Jackson said "it's time" to give Griffin the opportunity to lead the Cleveland Browns on the field.

"As long as you don't give up and you keep working, you'll get another opportunity," Griffin said.

Jackson, who chose RG3 following a weekend in which the 26-year-old helped Cleveland's first-team offence in successful scrimmages, has lofty standards that Griffin will need to meet in order to keep the job.

"He has gained the respect from his teammates, the coaching staff and the entire organization that is necessary for him to lead our offence and really the entire team," Jackson said, adding, "We expect him to continue to ascend as he becomes more and more acclimated to the offensive system we will employ this season."

Griffin beat out Josh McCown for the starting spot, leaving the 37-year-old's future with the Browns in doubt.

"It's an honour to be one of 32 in this league," Griffin said. "When you get (an opportunity), you got to seize it."

Griffin signed a two-year, $15 million free agent contract in March and has taken the majority of first-team reps during the Browns' organized team activities and training camp. The fifth-year quarterback completed three long passes to rookie Corey Coleman in the team's Friday scrimmage, including a deep touchdown toss that impressed veteran cornerback Tramon Williams.

"Some of the balls that he threw today, the location that he put them at, it was amazing," Williams said Friday. "I told him, I said, 'Man, if you throwing the ball like that ... you're going to throw a lot of touchdowns this year."'

In Saturday's no-pads scrimmage at Ohio Stadium in Columbus, the Baylor product tossed two touchdown passes to receiver Terrelle Pryor.

The Browns' first preseason game is on Friday at Green Bay.

Though he may not be long for Cleveland, McCown felt he got a fair chance in the competition, despite the lack of first-team reps.

"Not in any way or shape do I think it was unfair." McCown said. "I think it was exactly how it needed to be for them to fairly evaluate things and I trust their judgment."

McCown, who started eight games for Cleveland in 2015 before breaking his collarbone, is reportedly a top trade target for the Dallas Cowboys, who are in need of a replacement backup quarterback after Kellen Moore broke his right ankle last week.

> **As long as you don't give up and you keep working, you'll get another opportunity.**
> Robert Griffin III

Robert Griffin III spent last season cast aside as third string option for Washington but will now return as an NFL starter with Cleveland. DAVID DERMER/THE ASSOCIATED PRESS

Griffin has the starting QB job for the first time since 2014, when he played for the Redskins. He did not take a snap for the Washington in 2015 and was released March 7.

He was selected by the Redskins second overall in the 2012 NFL Draft, and won the Rookie of the Year and led Washington to a 10-6 record.

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RECIPE Chicken Milanese with Roasted Cherry Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

This meal is the dinner equivalent to a vacation in the sun. In other words, it's pure bliss.

Ingredients
- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

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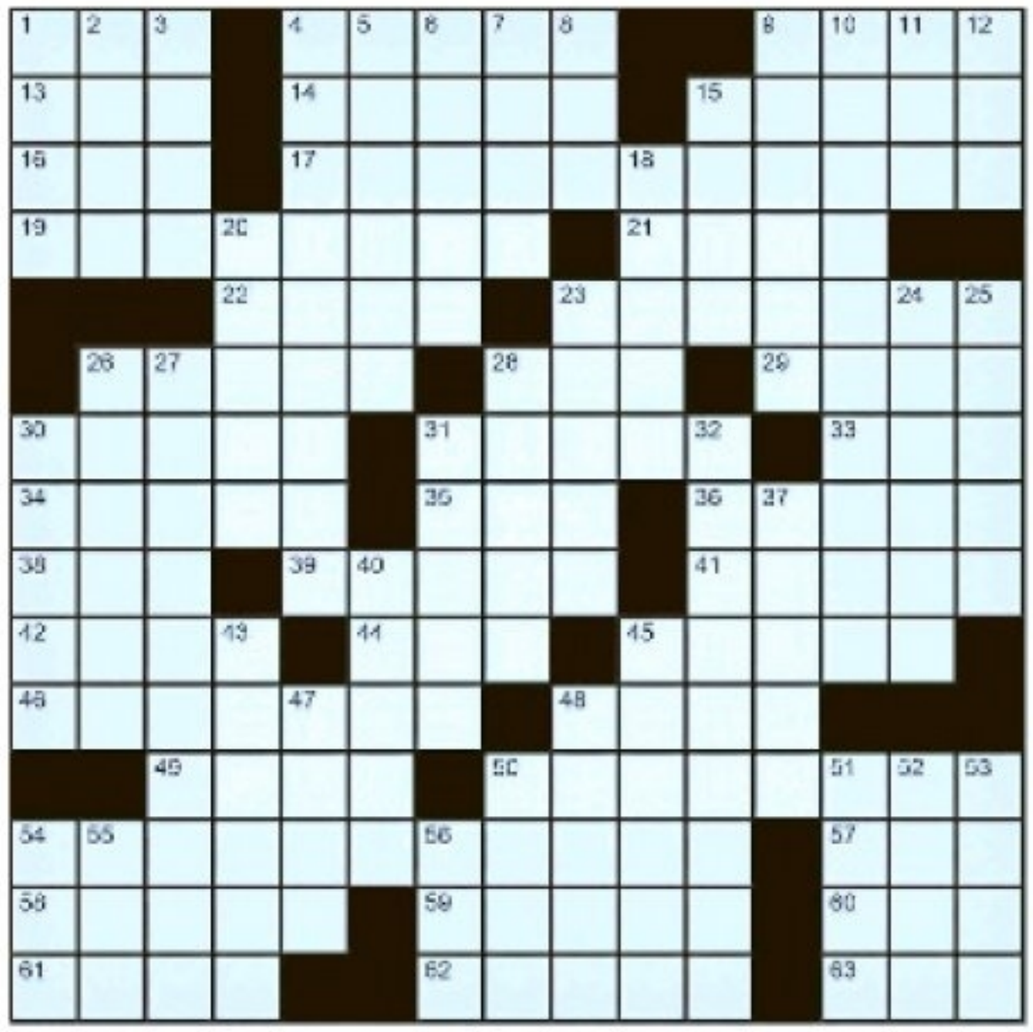
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: 'Canada's Olympic Network'
4. Burt and Sela
9. Golden Globes org.
13. Shade
14. Skin-soothing plants
15. Aplomb
16. 'A' in ETA [abbr.]
17. RIO 2016: Quick reflexes sport: 2 wds.
19. RIO 2016: SLO is its IOC code
21. H.G. Wells people
22. Ms. Brockovich
23. Steeps
26. Police dept. ranks
28. Q. "How is Nashville's state abbreviated?" A. "'_ _', _ believe."
29. Queen's 'Bohemian', e.g.
30. _ _ a customer
31. Swallow heartily
33. Env.'s stuff-y
34. Up to
35. Samovar
36. Employee's request
38. Certain cap
39. Make hair stand _ _
41. Singer, Tennessee _ Ford
42.Mr. Redding
44. poet mr. cummings, et al.
45. Get a new tenant
46. RIO 2016: Olympic sport
48. _-majeste (High treason)
49. RIO 2016: Beach mound
50. Canadian restaurant, _ _ Mario's
54. RIO 2016: In the Men's Tournament, Canada faces The Netherlands in it today, August 9th: 2 wds.
57. RIO 2016: Basketball hoop part
58. Soil fertilizers
59. RIO 2016: Cycling spinner
60. 'Federal' suffix
61. Snake sounds
62. Scandinavian
63. Reserved

DOWN
1. Animals bassist Mr. Chandler
2. Mr. Ives
3. Mackerel sort
4. RIO 2016: Pool team sport: 2 wds.
5. Ms. Morissette
6. Songbird variety
7. Oscar Renta
8. Opposite NNW
9. Accolade
10. RIO 2016: Racer's target: 2 wds.
11. Pressure meas.
12. Bronze Roman money
15. Ill-gotten money
18. "_ _ two have been taken." (Donut dozen remainder)
20. 1892: Aria in Pagliacci: "_ la Giubba"
23. _ _ out
24. Has that power bar: 2 wds.
25. Shopping _
26. Intrinsic
27. RIO 2016: Goalkeepers, as per #54-Across
28. Goes sour
30. _ _ the blue
31. "The Caine Mutiny" (1954) role, Lt. Cmdr. Philip Francis _
32. RIO 2016: Swimming event, Men's 4 x 200m _ Relay
37. French city where Van Gogh painted
40. "Buffalo Stance" singer Ms. Cherry
43. RIO 2016: Rowing crafts
45. Goes to that movie again
47. Non-affiliated politicians [abbr.]
48. RIO 2016: 1992 'Dream Team' in Basketball... Magic Johnson, when an NBA player
50. Parrot
51. Lovely flower
52. Gossip
53. Ms. Rossum
54. AMs opposites
55. RIO 2016: '_' _ in IOC
56. Have

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are in such a resourceful frame of mind today, you will see new ways to do things at work. You might see new applications for an old system.

Taurus April 21 - May 21
This is a good day to explore different approaches with children. Likewise, if you are involved in a creative project, you will see possibilities you missed before.

Gemini May 22 - June 21
This is a good day for practical repairs at home, because you are in a resourceful frame of mind.

Cancer June 22 - July 23
Today you have penetrating insight into situations all around you. You see what motivates people and what really makes them tick.

Leo July 24 - Aug. 23
Have confidence in your ability to see new uses for your possessions. This is because you are ingenious today and ready to see new ways of doing things.

Virgo Aug. 24 - Sept. 23
You have the ability to persuade others today. Use this wisely, so people will continue to respect you in the future. Don't lead anyone astray.

Libra Sept. 24 - Oct. 23
This is a wonderful day for research, because you are quick to see the subtext of things. You also see the reasons why something occurred or came into being.

Scorpio Oct. 24 - Nov. 22
If you are in a class or any kind of group, you will convince the people around you to listen to you and to follow your ideas. Use this advantage wisely.

Sagittarius Nov. 23 - Dec. 21
Discussions with bosses, parents and VIPs (even the police) will be powerful and to the point today. Someone wants to get to the bottom of something. They want the truth.

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues will be intense and probing today. You want to know the reason behind why people think the way they do.

Aquarius Jan. 21 - Feb. 19
If you are clever today, you will see ways to reduce your debt or shuffle things to your advantage. Take a fresh look at your situation and be inventive!

Pisces Feb. 20 - March 20
Someone might try to persuade you to do something today. They want to convince you of something. Listen carefully, but make up your own mind.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					4	5		
		2		6				
	4		9					8
		6			7			4
	7			2			1	
8			5			3		
2					5		6	
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5	1	7	6	3	8	4	2	9
9	2	4	7	8	1	6	3	5
3	7	5	2	6	4	9	1	8
1	6	8	3	9	5	7	4	2
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FREE LUNCH OR DINNER LIVE REAL ESTATE TAX LIEN EVENT!

Learn How Canadians can make an extra 15%-18% return on their MONEY?

Learn How Canadians can make an extra 15%-18% return on their MONEY by attending one of our FREE introductory Luncheon or Dinners at our free 2-hour Tax Lien live training event near you! Then please do yourself a favor. Read through this brief ad and call to register today. That's where you'll take your first big step toward profits and a fresh start in life. (But please call quickly. Only the first 100 to respond will be able to participate in this FREE offer.) Just to assure you that we really can help you achieve what we say, let me tell you a little about Government Tax Lien Network. We are self-made Tax Lien experts. Out of necessity we developed our own Tax Liens for Profit system, and now we teach others how to do what we do. The Luncheon or Dinners is a relaxed comfortable environment suitable for eager investors like yourself.

We know this business inside and out. We've used our unique Tax Liens for Profit system to teach people how to make Tax Lien deals. There are no limits. We do it all — and so can you. Think about the possibilities. But don't think too long! Because . . .

NOW IS THE TIME. COME HAVE LUNCH OR DINNER WITH US!

Over the years we've succeeded in many different businesses, but... We've Never Seen Anything Like the Profits in Today's Tax Liens! Circumstances have aligned to produce an unequaled profit opportunity. You couldn't ask for a better situation to get a foothold in this business — especially when you use our secrets. A little hesitant? We understand. We've been there too. Maybe you're afraid. Not sure you want to get into Real Estate Tax Liens. Or you think you can't do it. That's further from the truth. You CAN do it. And NOW'S THE TIME to get on board. We'll guide you and give you the tools, the training, the techniques, the keys to tax liens. **We'll show you exactly what to do in our comprehensive 2-DVD set, and it's yours absolutely FREE – if you're among the first 100 callers.**

PLUS . . . The secret for Canadians to buy U.S. real estate tax liens earning up to 15%-18%

- **The secret of Real Estate Tax Lien Certificates providing up to 16-25% rates of return**
- **How, with just $100 to get started, you can begin building a fortune with confidence and safety**
- **How you can build your real-estate empire working just 4-6 hours a week in your spare time**
- **Specific strategies that work best for Canadians to buy U.S. Tax liens and start making money**
- **How to get your hands on U.S. properties up to 25%-50% discount**

Don't miss this opportunity to get the information that can open new doors to a more secure future for you and your family.

PS: It is unbelievable how much money Canadians can make right now?

LEARN HOW TO HAVE ACCESS TO U.S. PROPERTIES LIKE THESES THRU TAX LIENS AT THE EVENT?

INVESTOR PAID $517.82

INVESTOR PAID $2,866.00

INVESTOR PAID $3,682.49

INVESTOR PAID $4,614.13

INVESTOR PAID $1,723.61

INVESTOR PAID $10,009.69

INVESTOR PAID $233.25

VIP Gift Package $500 Value *for attending*

FREE GPS SMART WATCH

2 CDS TAX LIENS FOR PROFIT

Call Now to Register 800-570-7119 or online at GTLNLive.com/Toronto

RICHMOND HILL	TORONTO	MISSISSAUGA	OAKVILLE	TORONTO
TUE, AUGUST 9	WED, AUGUST 10	THU, AUGUST 11	FRI, AUGUST 12	SAT, AUGUST 13
12:30pm or 6:30pm	12:30pm or 6:30pm	12:30pm or 6:30pm	12:30pm or 6:30pm	10:00am or 2:00pm
Sheraton Parkway Toronto North Hotel Suites	**Radisson Hotel Toronto East**	**Hilton Garden Inn Toronto Airport W Mississauga**	**Hilton Garden Inn Toronto Oakville**	**DoubleTree by Hilton Toronto Downtown**
9005 Leslie Street	55 Hallcrown Place	1870 Matheson Blvd	2774 S Sheridan Way	108 Chestnut Street

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business.

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